



OBE Spectrum—Virtual, Online, Out of Body

by Luigi Sciambarella, Monroe Residential Trainer

I was fortunate to be invited to co-train the new “OBE Spectrum” program at the Monroe Institute in February. In all honesty, I’m not really sure what guided me into the passenger seat ... perhaps it was divine providence, but I was deeply humbled by the experience. [Read More](#)



De-stressed, More Productive and Legally Mindful: A SAM Story

by Gary Powell, Outreach Trainer, Local Chapter Leader

Unlike traditional meditation approaches, where you passively observe your breath and allow thoughts to pass through your mind without judgment, these exercises were guided and were designed for you to be mentally “active.” In other words, you get the experience of taking questions or issues you want to work on into your meditation.. [Read More](#)



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Five Steps to Using Energy Healing for Yourself

by Joe Gallenberger, Monroe Residential Trainer, Author

When we face health challenges, we can apply our natural healing ability .... Energy healing is the application of nonphysical energy directed toward healing. In my opinion, it is a variant of the same energy studied in thousands of psychokinesis (PK) experiments. [Read More.](#)



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